

## REVISED COVID 19 MASK GUIDELINES

Dear TOTS family,

The health and safety of our patients, staff, and families continues to be our top priority at TOTS. TOTS has been re-opened now for over 14 months since the shelter in place order in March of 2020. We are proud that we have had no COVID 19 transmissions at either location. We are grateful to our patients' families who adapted to the new protocols so that we could continue to provide excellent services in a safe manner. Throughout the pandemic we have followed the guidance of local and national health agencies and changed our policies accordingly. As of July 27, 2021 the CDC has revised its guidance on masks for vaccinated individuals when they are indoors and are located in areas of high community spread. As per the CDC definition of high community spread, both Hall County and Gwinnett County are considered areas of high community spread. **As of July 28, 2021 masks are required at TOTS locations regardless of vaccination status.**

### **What Has Changed**

- Clinicians and family members who are vaccinated are to wear a mask at all times at TOTS regardless of vaccination status. Exceptions are only made for eating and drinking or for being in a closed room alone.
- Family members should wear a mask even when dropping off and only entering the waiting room briefly.

### **What has Not Changed**

- Patients are not required to wear masks.
- We have always had clinicians and staff, including volunteers and graduate students, wear a mask when interacting with patients and their family members in the clinic setting.

- We continue to limit high touch areas by having no toys or books out in the waiting room.
- We continue to limit family members in the treatment areas. If you need to accompany your child, we ask that only one adult enters the treatment area and we continue to not allow siblings. We do make an exception of two parents allowed for initial evaluations.
- We continue to screen all employees, patients, and patients' family members for illness via temperature check.
- We continue to utilize frequent hand washing and increased use of hand sanitizer for staff, patients, and any family members who enter the treatment area.
- We continue to use enhanced cleaning protocols of materials, toys, chairs, and tables.
- When providing services at the lake (paddle boarding sessions and camp) clinicians, graduate students, and volunteers who are fully vaccinated are not required to wear a mask as the new guidance applies to indoors only.
- For all payments we encourage you to leave a credit card on file with the front office.
- Current health guidance does not recommend that individuals who are vaccinated for COVID 19 need to quarantine if exposed to COVID 19.
- Unvaccinated individuals who are directly exposed to COVID 19 are expected to quarantine as per current guidelines. We follow the guidance of the Georgia Department of Health for exposure and quarantining. We ask that unvaccinated family members and patients who are exposed to COVID 19 follow the rules of quarantine and do not return to the office: ten days post-exposure if they do not get tested or for seven days if they test negative for COVID 19 at least five days post-exposure. Individuals should monitor for symptoms and be symptom free. Language from the Georgia Department of Health is below:

Per the Georgia Department of Health from 1/26/2021:

**If you are not sick**, you agree to monitor your health for symptoms of COVID-19 during the 14 days following the last time you were in close contact with a sick person with COVID-19. A list of these symptoms can be found under "COVID-19 Testing" below. Monitoring your

health includes checking your temperature twice a day and watching for symptoms for 14 days.

You will quarantine yourself at home except in case of emergency or to be tested for COVID-19. **The recommended time period for quarantine is 14 days, but you may be able to leave quarantine prior to that if certain criteria are met:**

**You may test out of quarantine any day after 7 full days have passed** since your most recent exposure occurred, if you fulfill all THREE of the following criteria:

Do not experience any symptoms during your monitoring period

**Are tested** for COVID-19,

The test should be a diagnostic test (PCR or antigen). It is preferred that the specimen for your test is collected no more than 48 hours before the time of planned quarantine discontinuation, however, it should not be collected before day 5 of your quarantine period.

Receive a negative result,

You may not discontinue quarantine until you have completed a minimum of 7 full days since your most recent exposure, even if you receive your negative test result earlier. If your result is positive, you must follow DPH isolation guidance <https://dph.georgia.gov/isolation-contact>

- **If you are unable to be tested for COVID-19 during your quarantine period, you may discontinue quarantine any day after day 10 if you do not experience any symptoms during your monitoring period.**
- If you discontinue quarantine prior to 14 days, you should continue to monitor your health and follow mitigation strategies until 14 days after your most recent exposure and **isolate immediately if symptoms develop**. Mitigation strategies that should be practiced include correct and consistent mask use, social distancing, hand and cough hygiene, environmental cleaning and disinfection, avoiding crowds, and ensuring adequate indoor ventilation.

If you have any additional questions or concerns, please call the office. Again, we greatly appreciate you and look forward to seeing you at one of our clinics.

On behalf of all of the TOTS staff,  
Noreen Zulaica PT  
Owner and Physical Therapist